



The Senior Edition

The Shrewsbury Council On Aging Newsletter

published Monthly for all
Shrewsbury Residents age 60 and over
May 2004 **Volume 4, Issue 5**



May 2004 Special Dates:

National Arthritis Month:

Happy Mother's Day to Everyone!

May 11th: Legal Clinic with Atty. Chris Mehne, 10am

May 13th: COA Board Meeting 10am

May 14th: Office hours for Rep. Karyn Polito 9:00am
Senior Art Show, 2pm

May 18th: Friends, Inc. Meeting 1PM

May 19th: 11:30am Chatting It Up w/Nancy & Sharon

May 21st: Brown Bag and Movie

May 25th: AARP Meeting 1:30pm

May 28th: Newsletter Mailing 9am
Liliput Play: 1pm

May 31st: **Memorial Day: Municipal Offices Closed**

And much more...

see inside for details and calendar on back page

***The Town of Shrewsbury's
Council On Aging mission is to develop
and support community activities which
enhance the well-being of residents of
the town who are age 60 or older .***

The COA would like to recognize the State Office of Elder Affairs for allocating a portion of the 2004 Formula Grant to go toward the mailing labels for our Newsletter

All Computer Users:

Remember: the Newsletter is now officially **on-line!** Visit the town's webpage at www.shrewsbury-ma.gov. Click on "Town Departments", then "Council on Aging". There is a square for the Newsletter at the top of the department's homepage. Click here and you can read the Newsletter, in color! You may wish to print it out, or enlarge it for easier reading. The "News List Serve" is also available. Click the blue mailbox and you will be notified when the new edition of the Newsletter is available, as well as when there is a change in a program, or if there is news to share with you between newsletter issues!



**Friends of the Shrewsbury
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Shrewsbury Senior Center
98 Maple Avenue
Shrewsbury, MA 01545
(508) 841-8640

May 2004



COA Staff and General Information:

Office Hours: Monday through Friday:

8:00am-4:30pm

Office Phone: 508-841-8640

Office Fax: 508-841-8641

Staff: COA Board Members:

Paul Keegan, Chairman, Helene Tanenholtz, Vice Chairman,
John Concordia, Secretary, Al Crommett, Lillian Goodman
Helen McLaughlin and Tim Swiss

COA Director: Sharon M. Yager

Assistant to COA Director: Vicky Pellegrino

Transportation Coordinator: Cynthia Willis

Van Drivers: Ralph Anderson, Mike Jardarian, Mike
Mazzola, Dick Londergan, Ed Rezuze, Norm Vandal, and
Keith Harlow, Holly Henry

Meal Site Coordinator: Cheryl Lucier 508-841-8757

Meals on Wheels Drivers:

Alan Buckley, George Bergquist

Outreach Coordinator: Jacqueline Lofgren

Volunteer Coordinator: Marcia Grillo

SHINE Counselors: Mary Hardell, Al Crommett

Friendly Visitor Coordinator: Lorraine Covino

Newsletter Committee: Fran Rimkus, **Chairman**,
Ailsa Macdonald, **Editor**, Ron Davis, Norma Giumentaro,
Mary Layden, Janice McNamara, Maynard Rinker

CARES Coordinator: Dave Grillo

CMAA Liaison: Vicki Zwerdling

Volunteer Office Staff: Dorothy Dobson, Elaine Kelley,
Nancy Kowalczyk, Loretta Henry, Carmella Iacono, Rochelle
Lockwood, Shirley McDonnell, Lucille McHugh, Katharine
Nelson, Phyllis Robbio, Lakshmi Tammisetti, Betty Viscera

Senior Aide: Susan Pappas

Veteran's Agent: Richard Perron, 508-841-8386

Office Hrs: Mondays: 8:30am to noon

Thursdays: 8:30am to 3:45pm

HAPPY MAY BIRTHDAY TO:

May 7th, Dick Londergan, May 20th, Mike Mazzola, Lillian
Goodman, 5/22, Sharon Yager

Important Voting Reminder:

Please remember that the Town's
General Election Day takes place
Monday, May 3rd. Precinct 6 is re-
minded to come to the Senior Center

for their polling location. If you are unsure of your polling
location, you may call the Town Clerk's office at 508-841-
8507.

The **Shrewsbury Senior Citizen's Club** will NOT hold a
meeting that day due to voting. All other activities will be
held as scheduled.



Letter from the COA Director:

I hope this issue finds you enjoying our long awaited
spring weather! With sun and warm weather finally here,
don't forget to put on the sunscreen. Please see page 7
for an important **Skin Cancer** screening that will be taking
place. We hope to make transportation available for those
who need it with our new van.

At press time, we were awaiting for the state to give
funding to the Housing Authority and the Department of
Mental Retardation, whose fiscal years started April 1st.
Each of these agencies will be contributing 1/3 of the
operating costs for the new van. We continue to thank
others who have donated toward the van, including the
Victor R. Quaranta American Legion Post 397.

We also received a generous donation in Memory of
Arthur Cellucci, from his loving wife, Frances. Since
Arthur was a selectmen in town for 18 years, Mrs. Cellucci
donated his military flag to the Senior Center. This seems
to be a thoughtful trend to remember veterans who pass
on.

For any volunteer who was invited but was unable to
attend last month's **Volunteer Recognition Event**, you
should have a certificate and gift waiting for you. Please
stop by the Senior Center to pick yours up.

Have you ever been around town and seen a senior you
have concerns about? If you have a computer, you can
now share your concerns on a confidential on-line form
that is available on the Council on Aging website.
Although you will be asked for contact information, your
information stays anonymous with our work through the
Senior Center. We are here to help!

Lastly, happy Mother's Day to all the mothers,
grandmothers and great-grandmothers reading this!



Sharon M. Yager

Call Shrewsbury Light and Cable to sign up for
Shrewsbury's Digital Cable Service

&

High Speed Internet Access



Don't forget about our 'Share the Warmth' Program.
Call **508-841-8500** for more information about all out
levels of cable services!

Happenings at the "Village Café":

We apologize for incorrectly announcing the new name of the Meal Site. Although the Silver Spoon Café was one of the considerations, the **Village Café** was the chosen name by café patrons at the Meal Site! Panara bread continues to be available on Thursdays for a 50 cent suggested donation. We also will continue the new program where you will have the chance to eat lunch and talk with the COA Director and a special guest. This month's guest will be Nancy Allen from the Health Department. Learn more about what the Health Department does and ask Nancy your questions. Future guests will include other Department Heads and other town officials. Please call by 5/17 to reserve your meal so you can join us on: **May 19th, 11:30am: Chating With Nancy and Sharon over Chicken L'Orange**



The Café was pleased to have help from Girl Scout Troop 930 on 3/24. Thank you Katie, Carolyn H., Carolyn, Mariam, Yasmin, Becca and Courtney!

May 14th, 2pm: Spring Senior Art Show

Join us on Friday May 14th at 2pm for a spring art show exhibiting work from the art classes held at Shrewsbury Senior Center. Refreshments and hors d'oeuvres will be served. The art show will be held at the Senior Center from 2-3:30pm.; sponsored by Shrewsbury Parks & Recreation and Shrewsbury Senior Center.

May 21st 11:30am Lunch/Movie

This month features the newly released film "Something's Gotta Give". Rated PG-13, this film stars Diane Keating, Jack Nicholson and Keanu Reeves. When an older man who is notorious for dating younger women starts to fall for a woman's mother, hilarious results occur. Will he finally find true romance? Join your friends for a free movie, refreshments and soft drinks, all sponsored by Westboro Savings Bank. Bring your own lunch, or buy a soup/salad/sandwich lunch for \$2 at the Meal Site. **Please** call the Senior Center by the morning of May 19th to reserve your seat and/or your lunch. An accurate count is needed so that we can ensure that there are adequate refreshments for everyone.

May 28th, 1pm: Lilliput Show For Seniors

The pre-school children at Lilliput will be putting on their annual free Spring Play for seniors. Come watch these cute kids and let them give you some smiles for the day. Refreshments will be served. Please call the Senior Center so we can arrange seating accordingly. If you would like to eat lunch beforehand at the café, (Pasta and Meatsauce for \$2), please call the kitchen by 5/26 for your reservation.

Bridge Lessons Begin May 5th: Beginning May 5th, free Bridge Lessons for beginners will be offered from 11am to noon every Wednesday. If you wish to learn how to play the game and improve your mind, please join us! Please call the Senior Center to register.

Outreach News: FUEL ASSISTANCE Reminder: applications have been extended until May 15, 2004. If applying for Fuel Assistance, please call Jacquie Lofgren at (508) 841-8647 prior to **May 10th** to allow for adequate time to process your information. If you already receive SMOC fuel assistance benefits, a reapplication process is NOT necessary. Sometime around August, you will receive a letter directly from SMOC requesting updated income verification. You will simply need to fill out the form and sent it in directly to SMOC. **Newly Retired? New to Town?** Schedule a tour of the center and a complimentary lunch (1st time users only). Jacquie is also available to visit those who cannot leave their homes and need assistance.

"Better Ending" Talk Series: No one likes to talk about it, but planning how you'd prefer your life's "ending" is less stressful once its done and out of the way. These workshops will utilize a booklet to help you plan for the "end" that awaits each of us someday. Each workshop is the same. Shrewsbury's won't be until next month, but if you can not make the date, feel free to attend at another COA. Please call to sign up for our 6/11 talk or to get the number for another COA. In the meantime, the booklets and brochures are available at the Senior Center.

Dates are as follows: **Worcester COA** – Thursday May 27th 1:15 to 2:15, Speaker: Pam Miner, MD. **Auburn COA** – Thursday May 27th 11-12 noon., Speaker: Diane Burke, RN. **Holden COA** – Thursday June 10th 12:30 to 1:30., Speaker: Flo LeClair, RN. **Shrewsbury COA** - Friday June 11th 10-11 am., Speaker: Attorney Rick Barry.

Other News Items:

Are you interested in a Yard Sale? Several seniors are planning an indoor Saturday sale at the Senior Center in June. Table "sales" would go toward the new van, while giving senior groups and individuals a chance to make some money of their own. Call if you'd like more details.

Chi Gong and Reiki dates may change this month. Please call the Senior Center for the correct dates.

Do you suffer from **Macular Degeneration**? A recently diagnosed senior is looking to talk to others with the condition. Please call the Senior Center to connect.

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Shrewsbury Senior

Mondays
11am
President:
Grace Fulginiti
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Citizen's Club

CARES May Column: An Invaluable Resource**By Dave Grillo, CARES Coordinator**

(Consumer Awareness and Resources for Elders in Shrewsbury)

Information overload. You know what it is if you've read one too many pamphlets on Medicare, Social Security, long-term care insurance, Medicaid planning, estate planning, discount prescription drug plans, home health care services, etc. With information overload, you have read so much that you can no longer comprehend what you are trying to read. You may come to disdain the written word while screaming, "No more! I can't possibly comprehend another word!" Please know that I understand; I have also been a victim. However, there is a publication that is free and available at your Shrewsbury Senior Center that I strongly encourage you add to your reference library.

"The Caregiver's Guide" is designed for those of you who are providing regular care to a loved one. Yet, it serves as an invaluable resource for all seniors as it chronicles a myriad of useful agencies and services accessible to all seniors. "The Caregiver's Guide" is a product of the Central Massachusetts Agency on Aging, Elder Services of Worcester Area, Inc., and related agencies serving other areas of Worcester County. It encourages you to use these agencies for assistance in finding the help you need for a loved one; but most of the services listed exist to respond to your separate, personal needs as well. The booklet starts off with advice and support for caregivers. Then, it addresses virtually every need you will have for help from services outside the home.

On page 23, you will uncover where you can get a physical and a psychological evaluation and develop a plan for a failing loved one or yourself. Trained money managers are available to help you with financial matters; see page 30. Social Security benefits (pgs. 28-30), Veterans information (pg. 32), health insurance benefits (pg. 33-36), prescription drug programs (pg. 37), legal resources (pgs. 41-44), housing options including resources that can help you stay in your home (pgs. 45-48), low cost home repair services (pg.53), and a primer on funding services provided in your home (pgs. 65-67) are only some of the topics covered by "The Caregiver's Guide." Tear out forms are provided to help seniors organize medication schedules and emergency information. A health care proxy can be filled in for your use.

Please know that I am aware of many of your concerns. And I know you can read only so much. But this is an essential resource; please pick up a free copy at the senior center...I am still looking for your positive recommendations regarding individuals (or businesses) who have done work for you or have provided a service to you. Please fill out a CARES Consumer Survey (available at the senior center) or call me.

Always talk with a family member or trusted friend or call the CARES Program at the Senior Center before sending money to, investing in, or donating to any unfamiliar organization, entity or person who solicits you.

KALTSAS KORNER**Legislature Delays "Extended" Estate Recovery Collections**

When a Medicaid recipient dies, Medicaid looks to recover benefits provided to that Medicaid recipient. Previously, the law limited state ability to recover assets to the "probate" estate. Jointly owned assets, life estates, tenancies by the entirety, and other assets that pass by operation of law, were given 100% protection against estate recovery.

Current law has changed estate recovery for those dying on or after July 1, 2003. The state has significantly expanded Medicaid's ability to reach assets. Under the current scope of estate recovery, the state's recovery authority has been expanded to include any interest in an asset a person had immediately prior to his or her death. Medicaid is no longer limited to the probate estate. In essence, Medicaid benefits are a loan that must be repaid at death.

Due to an outpouring of protest, the MA legislature delayed implementation of expanded Medicaid estate recovery. Gov. Romney then vetoed this legislative action. However, during the week of 3/21/04, the MA legislature overrode Gov. Romney's veto and voted to suspend the state's aggressive recovery of assets to get back benefits it had provided to Medicaid recipients. The legislature voted to delay the implementation of this law, but didn't repeal the law. Therefore, there will be no expanded estate recovery until July 1, 2004; meaning that lawmakers have 3 months to study the impact expanded estate recovery will have on MA seniors and determine if an alternative method is preferred.

What does this mean to MA seniors? One view is that the legislative action in halting the state's aggressive recovery efforts is the first step in the eventual repeal of expanded estate recovery. However, the effect of the delay in implementing expanded estate recovery is that it remains the law. Although its implementation has been postponed until July 1, 2004, unless changed, Medicaid can apply estate recovery to the estates of individuals who die after 7/1/03.

Although the Division of Medical Assistance (which is responsible for administering the Medicaid program) has stated it will not seek to recover any non-probate assets for any MassHealth recipient who dies before July 1, 2004 and that the heirs of MassHealth recipients who die(d) prior to July 1, 2004 are "free to do what they want" with the non-probate property without risk of recovery, there is no written policy stating this at the time of this writing.

In summary, although the latest legislative vote to suspend the state's aggressive estate recovery is a welcome development in Elder Law, it is hopefully but the first step in the eventual repeal of expanded estate recovery.

This article gives general information and not specific legal advice on individual matters. Persons wanting individualized advice on matters discussed should contact an advisor experienced in those matters.



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Annual State Contest :

Secretary William Galvin announces the 8th Annual Senior Citizens Artistic Interpretation of the State House Holiday Card Contest is now accepting entries. Entries must be submitted by seniors age **62** or older. Last year, Shrewsbury residents Patricia M. O'Rawe and Thomas L. Rooney, Sr. submitted entries. Any medium of art is acceptable. Deadline is 7/15/04. More information is available at the Senior Center.

May 8th: Mother's Day Tea in Oxford

The First Congregational Church of Oxford (355 Main Street, Rt. 12) is holding a Mother's Day Tea, Gift Shop and Dress-Up Boutique from 11am to 3pm. Enjoy an elegant English tea, purchase unique gifts for loved ones. The tea will include scones, cakes, tea, salads and more, all served on china with linen and lace. Tea and a sweet is \$3, \$5 to include a sandwich, \$6 to add a salad. The Dress-Up Boutique will feature gently worn fancy dresses and accessories to purchase for little girls who enjoy pretend dress up. Call 508-987-2211 for more information. Flyers available at Senior Center.

The West Hartford, CT Senior Center invites you to their Entertainment Showcase on June 15th at the West Hartford Meeting and Conference Center. \$25 per person includes a continental breakfast, gourmet lunch and an AM and PM performance of 35 entertainers. Call the West Hartford Senior Center at 860-236-1229 for more information.

Keep Moving Walking Club Spring Walks

May 19th: Cape Cod Canal, Bourne, May 25th: Cheshire Lake, Lanesboro. Walks start at 10:30am. Picnic tables available. Registration deadline is May 17th. Registration forms available at the Senior Center. Call Jan Marble at 617-624-5408 for more information.

Mass Audubon Senior Walk

9:30-11am, May 4th, May 18th and May 25th at Broad Meadow Brook Sanctuary. Discover the richness of Worcester urban oasis. Walks are 1½ hrs and cost \$4. Call 508-753-6087.

Are you trying to walk the recommended **10,000 steps** per day? If so, the Senior Center may be able to purchase **Pedometers** in bulk to sell at \$8 each. Please call if interested.

NEADS Needs Help

An eight year old girl with Cerebral Palsy has been matched with a service dog but is still short of reaching the funding goal. The "Leading Ladies" NEADS group asks for donations as little as \$2 to help. Make checks payable to NEADS (National Education for Assistance Dog Services), P.O. Box 213, West Boylston, MA, 01583.

Assabet Valley Mastersingers Choral Concert:

May 8th: 8pm, Mill Pond Elementary School, Westboro:

The chorus will be joined by solo instrumentalists in an innovative and exciting program of short works. Tickets are \$12 for seniors with an advanced sale discount of \$1. There will also be a limited number of complimentary tickets provided to the Senior Center. Call 508-869-3389 for more information on the show.

Play: The Orphan Train

May 22 and 23rd at the Floral Street School

The Stepping Stone Community Theater is proud to offer this Aurand Harris play featuring the story of "throwaway" kids and a plan to give these homeless waifs a chance at finding families they could call their own. For more information, call Mary at 508-755-2134.

Yiddish Film, Eisenberg Assisted Living:

"God, Man and Devil" (USA, 1949)

May 4, 2004 2 and 7 PM

You don't have to speak Yiddish to enjoy this fabulous vintage film as it has subtitles. The event is free and open to the public and refreshments will be served. To RSVP, please call 508-757-0981.

Library Happenings:

Mon., May 3 (7:30 pm): Dr. Helen Whall of Holy Cross College: "Shakespeare's Queens, Shrews, Wives and Other Bothersome Ladies"

Wed., May 5 (7:30 pm): Deborah Casey: Relieving Stress

Tues., May 11: (7:30pm) Genealogy Club

Fri., May 14 - Sun., May 16 Book Sale during library hours. Until sale begins, donations of books, audio books/CD, music CDs/tapes videos and DVDs will be accepted.

Tues., May 18th: (7pm) Great Books Discussion Group: Book to be discussed: *East of Eden*, by John Steinbeck.

Details of these programs can be found on-line at the Library's calendar of events at: www.libraryinsight.com/Events.asp or by calling 508-842-0081.

Museum Happenings

"An American Impressionist: Joseph H. Greenwood"

Worcester Art Museum (WAM)

Explore the prolific though long-overlooked career of Joseph H. Greenwood, a Central MA Impressionist who painted New England Landscapes. The Art Museum can be reached at 508-799-4406 or on-line at www.worcesterart.org. Also, WAM's Summer Art Institute will run June 21st through July 2nd. 9 workshops will be offered. Call for info!



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Shrewsbury Friends Men's Club*Submitted by Al Vadenais*

Mary Hardell, Shrewsbury SHINE Counselor and Ellin Hassett, Regional SHINE Director, presented an update on Medicare health cards which will become effective in June 2004. Lt. James Hurley, Shrewsbury Police Dept, talked about current town problems with bank robbers, drugs, fraud scams, counterfeit money, concealed weapons, breaking and entering, and stolen motor vehicles.

Jordan Levy, Mass Turnpike Authority and Former Mayor of Worcester, spoke on subjects such as the DPW taking over the Mass Turnpike and other politically volatile events.

Ken Largess, Assistant Principal for Administration at the Shrewsbury High School, spoke on focusing on the "good" which occurs at the high school. He singled out many events which make the school outstanding.

Also, the club's own Bob Decoteau will be acting as a Tour Guide for a special trip during a historic Boston and Harvard Bus Tour. Contact information is listed under Travel in the next column.

Shrewsbury Senior Writing Contest*Submitted by Dick Coulter and Jean Sansevero*

The Shrewsbury Senior Writers continue to accept submissions for their writing contest for Shrewsbury residents age 60 and over until June 1st. Winners will be announced by July 1, 2004. Call for submission details.

The Friends of the Shrewsbury Senior Center, Inc.*Submitted by Diane Lindberg*

At the May 18th meeting of the Friends of the SSC, Inc., Dr. Harvey Clermont will be the guest speaker. "Dr. C" is widely renowned for his dedication to implementing Free Clinics in the surrounding areas. We hope to have a large turnout for this event.

Winners of the May Madness Calendar be notified by phone. The Friends fundraiser runs May 1 through May 31.

Luncheon tickets for the Friends of the SSC, Inc. annual luncheon on June 15 at Indian Meadows will be available. Members cost is \$12. non members \$15.00

AARP:

This month's May meeting will feature Shrewsbury Rotarian President Joe Montecalvo, who will discuss nutrition. Maybe he'll disclose how he chooses the menus for the Rotary Community Dinners! The meeting will be Tuesday, May 25th, 2004 at 1:30pm. Also, the National AARP organization sent paperwork for nominating AARP's Community Service award recipient. Forms are available at the Senior Center.



Lee Bartlett performs at the March AARP meeting with the Symphonettes..

Photo by Madeline Gentile

Shrewsbury Senior Citizens Club News

Josie Ceffalo is recuperating from minor surgery. Therefore, she will not be holding Dancing with Josie until further notice. Get well, soon, Josie!

Travel To learn more about an upcoming trip, call the contact people listed. **Also call for their list of other trips planned. Flyers available at the Senior Center:**

Anna & Bernie Keiser: 508-753-1387:

The Log Cabin's Lobster Feast - May 18th

Foxwoods - June 16th

Greyhound Dog Racing - June 26th

Frank Fulginiti : 508-845-6509:

Annual Wildwood Trip- May 31 to June 4th (8 Slots!)

4 Lads At Log Cabin on Mt. Tom - June 22nd

Lobster Feast at the Log Cabin: August 3rd

8 Day MACKINAC Island - September 9th-16th

Bob DeCoteau: 508-842-2353

Historic Boston and Harvard Tour: May 26th

Senior Magazine Television Show

The May edition of the TV show will be the

"Senior Health Show" and is the 1st of a series of programs to bring attention to senior health issues. A panel will address questions. Email your questions to Marcia at the Senior Center: egrillo@th.ci.shrewsbury.ma.us or you can e-mail Sharon at svager@th.ci.shrewsbury.ma.us. Your questions and feedback will make this show a success! Showtimes on Channel 33 are Thursdays at 2, 6 and 9:30pm and Fridays at 10am. Don't miss it!

Piecemakers Quilting Group

Will begin selling raffle tickets on May 1st for the quilt shown here. The Raffle will be held at the Health Fair on October 1st. All proceeds will be given to the Senior Center. The Quilting Group meets on Monday mornings. For information, call Marlene F. Holohan at 508-842-8368.

**Senior Golf:**

Al Vadenais reminds all caliber senior golfers are invited to take part in **monthly golf tournaments** at **Heritage Country Club** in Charlton, which runs until October. No handicaps are required and the Calloway Scoring System will be used. Prizes for low gross and low net will be awarded at a Steak Dinner in October. The cost is \$5 for each monthly play, plus greens fees, which are reasonable, as they include cart and lunch. Contact Dave Archambo at 508-842-2165 for questions and schedule dates.

Mary Johnson reminds you that you are welcome to join the co-ed **Senior Casual Golf Group** on Wednesdays at **Stonybrook Golf Club**. For more information, contact Mary at 508-842-8691.



NEWS FROM THE SHINE PROGRAM**Serving Health Information Needs of Elders***By Ellin Hassett, Regional SHINE Director*

Medicare Endorsed Drug Discount Cards will be available for use starting in June 2004, with enrollment beginning in May 2004. These cards were designed to help people who do not have health insurance coverage for drugs to pay for their prescriptions. These cards are available to **most** Medicare eligible beneficiaries. Very shortly there will be advertisements and information sent to you. We at the SHINE Program will be working closely with Mass Medline to help seniors select a card that will best fit their needs.

Please remember not to give out personal information over the phone or to anyone who comes to your door unsolicited by you. Medicare is not sending representatives door-to-door to enroll in a drug discount card program. If you are interested in any of these discount cards, have the information sent to you or visit your local Senior Center and ask for more information and the help of a SHINE Counselor.

For questions regarding any of these topics or another health insurance questions, please call the SHINE Program at 1(800) 243-4636 option 2.

The Attorney General's Office has published an 8pg Booklet entitled "Consumer Advisory: Medicare Reform".

Brochures are available at the Senior Center and on-line at www.ago.state.ma.us/pubs/medicare_brochure.pdf.

SERVE: Good Food Means Good Health!

It's Steak Season again! Now through September, SERVE's famous steak package is available for \$17. You'll get six delicious hotel/restaurant quality 8 oz. Sirloin strip steaks. Also available: Uncle Jimmy's Baby-back BBQ Ribs for \$13. You can now sign up on-line at www.servenewengland.org or in person at the Shrewsbury SERVE host site, Mount Olivet Lutheran Church office. The Church's sign-up hours are Monday through Thursday from 9am-1pm. Call (508) 842-2731 before you go to make sure a church staff person is available to sign you up. Deadline is May 10th for distribution on May 22th.

Fallon Representative

In addition to being at the Senior Center on May 17th from 10am to 11am, regional representative Janice Sochalski will be in Grafton at the Post Office Pub on May 17th at 2pm and The Other Place Pub in Boylston on May 22nd at 2pm. If you have a Fallon Senior Plan question, call 1-800-868-5200 for more information.

Special Alzheimer Caregiver Course:

Tuesdays: May 4, 11, 18, 25, June 1 and 8th from 5:30-7pm at the Worcester Senior Center located at 128 Providence Street in Worcester. Workshops will be given by Julie Palmieri. This six week course is designed for caregivers living with or at a distance from a person in the early to middle stages of Alzheimer's or related dementias. Learn techniques of Habilitation Therapy that can enable patients and families to maintain connections with each other and the community. For more information, Call 1-800-548-2111. Course is free of charge

Free Skin Cancer Screening, May 15th, noon

Dermatologists in the Worcester Community in conjunction with the American Academy of Dermatology and UMASS Memorial Health Care will conduct a free cancer screening at the Hahnemann Campus at the UMASS Memorial Medical Center, 281 Lincoln Street, 4th floor in the Dermatology Clinic. To make an appointment for the screening, please call 508-334-5437 on Tues., May 12th or Wed., May 13th between 9am and 3pm. If you will need transportation, please call the Senior Center.

May 20th, 9am-2pm: Making the Stroke Connection

Have you or someone you care about had a stroke? The American Stroke Association and Fairlawn Rehab are offering and educational forum and luncheon for stroke survivors, caregivers and family members at the Holiday Inn in Worcester. \$10 for a Stroke survivor and up to 3 guests. To reserve your seat, call 1-800-392-4909. to sign up or get more information.

Health Dept. Announces its annual TV & COMPUTER DROP OFF EVENT: MAY 15, 2004 8:30 – 11:30 A.M. MUNICIPAL GARAGE AT 211 SOUTH STREET

Recycle your broken or unwanted televisions and computers for \$10.00 each. Keyboards and all computer peripherals are included in the fee. Mercury and waste items containing mercury, including thermometers, thermostats, and fluorescent bulbs will be accepted at no charge. State law prohibits the disposal of these items in the rubbish. Cell phones and rechargeable batteries up to 2 lbs. in weight will also be accepted. This event is for Shrewsbury residents only.

Volunteer Opportunity:

American Cancer Relay for Life: Committee members will be meeting Tues., May 4th at the Shrewsbury Library from 6:30-7:30pm to plan their fall event. Volunteers needed!

If you are interested in volunteer opportunities or have any other volunteer opportunities to offer, please contact

*Marcia Grillo, Volunteer Coordinator, at the Senior Center.
508-841-8758 or email: egrillo@th.ci.shrewsbury.ma.us.*



Dean Park Pizza
745 Main Street
508-842-2525

Offering a 15% Senior Dine-in Discount on Mon & Wed.
Breakfast: Sat & Sun: 7am-noon

Try our fresh seafood!
Many menu choices!

Victor R. Quaranta
American Legion Post 397
Do You Have An Old Flag?



The Post will Ceremoniously and properly dispose of your American Flag

Drop Off Box
At Senior Center



Shrewsbury Rotary Club
"Service Above Self"
Joseph Montecalvo
President – 2003 - 2004

Britton Funeral Homes, Inc

Britton Funeral Home
648 Main St. Shrewsbury
(508) 845-6226

Britton Wallace Funeral Home
91 Central St. Auburn
(508) 832-4420



Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Piecemakers <i>Elections: Voting for Precinct 6 No SSC Club Today</i> 11:30 Whist 12:30 Bridge Meatball Burgandy	4 Trip: Christmas Tree Shop Plaza 10-12 Independent Artists 10am: Line Dancing 12:00 Art with Elaine 3:15 Tai Chi 4:00 Adv Tai Chi Teriyaki Chicken	5 9-11am: Senior Drawing 9:30 Fitness & Nutrition 11:00 Yoga 11-noon: Bridge Lessons 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates Chopped Beef with Gravy	6 9:00 Men's Club 9:00 Acrylic Painting 10:45 Watercolor 11:00 Music with Kitty 1:00 Pitch Baked Ham	7 9:00 Clay Creations 9:30 Writer's Workshop 10:00 Cribbage 1:00-3:00 Busy Hands Fish Vicotr
10 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge Chicken Chow Mein	11 Trip: Millbury Plaza 10-12 Independent Artists 10am: Line Dancing 10-noon Legal Clinic w/C. Mehne 12:00 Art with Elaine 1pm Hearing Screening 3:15 Tai Chi/4:00 Adv Tai Chi Meatloaf & Gravy	12 9-11am Senior Drawing 9:30 Fitness & Nutrition 10:00 COA Board Meeting 11-noon: Bridge Lessons 11:00 Yoga 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates Turkey and Gravy	13 9:00 Men's Club 9:00 Acrylic Painting 10:45 Watercolor 11:00 Music with Kitty 1:00 Pitch Hot Dog on Roll	14 9:00 Rep. Polito Office Hrs 9:00 Clay Creations 9:30 Writer's Workshop 10:00 Cribbage 1:00-3:00 Busy Hands 2pm: Senior Art Show Honey Mustard Chicken
17 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge Veal Parmesan with sauce	18 Trip: Solomon Pond 10am Spinal Screening 10am Independent Artists Noon: Art with Elaine 1pm: Friends of the SCC, Inc. Seafood, Pasta and Romaine Salads	19 9-11am: Senior Draw 11:00 Yoga 11-noon: Bridge Lessons 11:30am: Chat with Nancy 1-2 Blood Pressure Screening 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates Chicken L'Orange	20 9:00 Men's Club 9:00 Acrylic Painting 10:45 Watercolor 11:00 Music with Kitty 1:00 Pitch Hearty Beef Stew	21 9:00 Clay Creations 9:30 Writer's Workshop 10:00 Cribbage 11:30am: Lunch and Movie 1:00-3:00 Busy Hands Vegetable Cheese Bake
24 9:30 Piecemakers 11:00 SSC Club 11:30 Whist 12:30 Bridge Sliced Turkey A La King	25 Trip: Wallmart/Northboro 10am Independent Artists Noon: Art with Elaine 1:30pm: AARP Meeting Shepherd's Pie	26 9-11am: Senior Drawing 11:00 Yoga 11-noon: Bridge Lessons 12:30 Bridge/1-3:00 Whist 1-2:00, 2:15-3:15 Pilates Stuffed Salmon/dill sauce	27 9:00 Men's Club 11:00 Music with Kitty 1:00 Pitch Chicken Supreme/Rice	28 9:00 Clay Creations 9am Newsletter Mailing 9:30: Writers Workshop 10:00 Cribbage 10:15-11:45 Drawing Class 1-3 Busy Hands 1pm: Lilliput Spring Play Pasta and Meatsauce
31 Memorial Day Municipal Offices Closed	<p><u>All special monthly activities, meetings and screenings appear in italics on the Calendar:</u> Please call the Senior Center at 841-8640 to register for or learn about an activity, screening or clinic. The entr��e at the Village Caf�� is listed each day. Please call the Caf�� Office at 508-841-8757 the business morning before to reserve your seat..</p>			Elder & Disability Law Advocates <ul style="list-style-type: none"> Guardianships Estate & Medicaid Planning Medicaid Benefit Applications Worcester (508) 755-6525

